



NSW Education Standards Authority

2018 HIGHER SCHOOL CERTIFICATE EXAMINATION

Personal Development, Health and Physical Education

**General
Instructions**

- Reading time – 5 minutes
- Working time – 3 hours
- Write using black pen

**Total marks:
100**

Section I – 60 marks (pages 2–16)

This section has two parts, Part A and Part B

Part A – 20 marks

- Attempt Questions 1–20
- Allow about 40 minutes for this part

Part B – 40 marks

- Attempt Questions 21–27
- Allow about 1 hour and 10 minutes for this part

Section II – 40 marks (pages 17–18)

- Attempt TWO questions from Questions 28–32
- Allow about 1 hour and 10 minutes for this section

Section I
60 marks

Part A – 20 marks

Attempt Questions 1–20

Allow about 40 minutes for this part

Use the multiple-choice answer sheet for Questions 1–20.

- 1** Which athlete would most benefit from consuming a pre-event meal that is high in complex carbohydrates?

 - A. A triathlete
 - B. A shot-putter
 - C. A high jumper
 - D. A soccer goalkeeper

- 2** Which of the following is an effect of a growing and ageing population?

 - A. Decreased demand for carers
 - B. Increased access to elective surgery
 - C. Increased demand for health services
 - D. Decreased number of people living with chronic disease

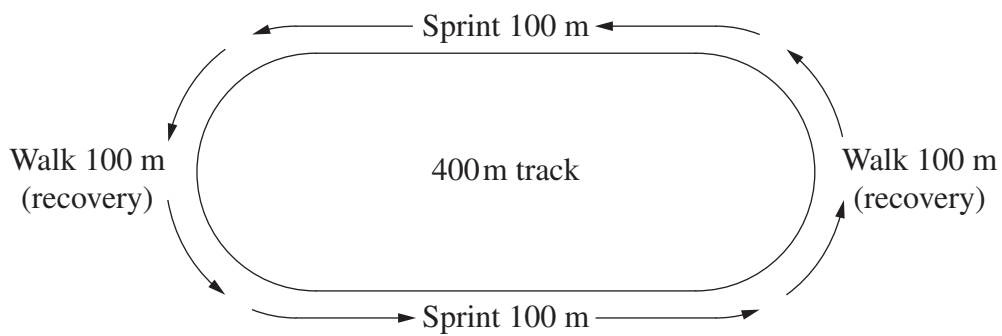
- 3** Which of the following best demonstrates extrinsic motivation?

 - A. A swimmer trying to improve his 100-metre freestyle personal best time
 - B. A netballer practising goal shooting to win the ‘highest goal scorer’ trophy
 - C. A tennis player working on her serve to achieve a higher percentage of aces
 - D. A baseball player focusing on hitting the ball to increase technical efficiency

- 4** Which of the following lists three examples of institutional health care?

 - A. Nursing homes, private hospitals, psychiatric hospitals
 - B. Health promotion agencies, nursing homes, private hospitals
 - C. Community health clinics, physiotherapy, private health insurance
 - D. General practitioners, private health insurance, psychiatric hospitals

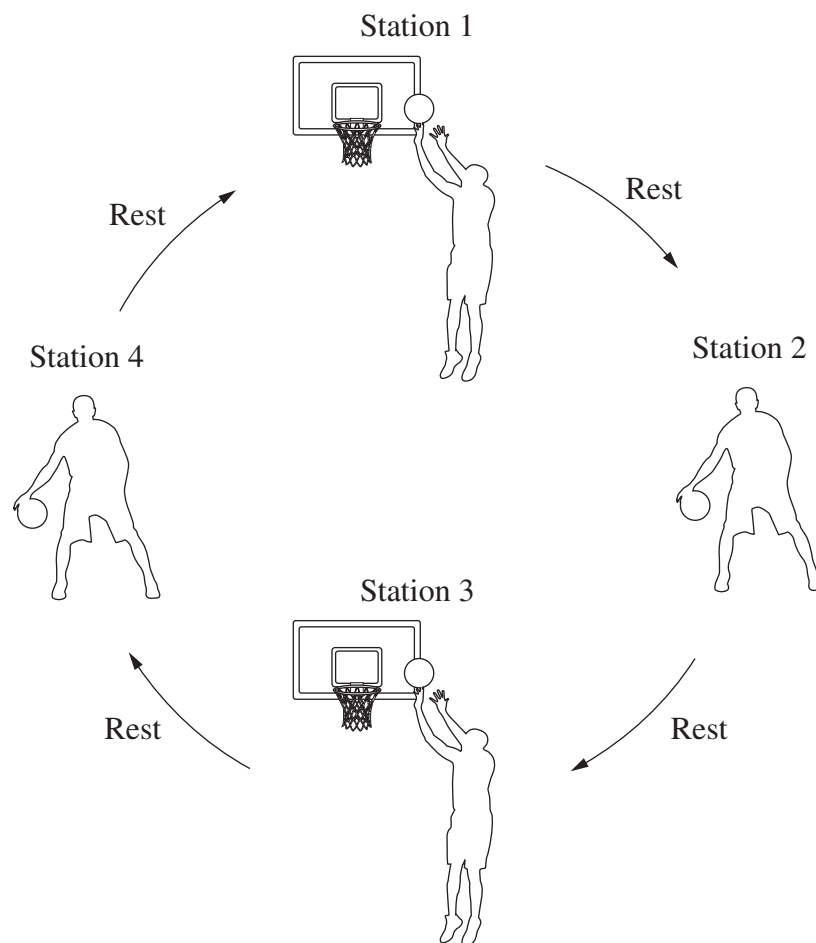
- 5 In training, an athlete completes TWO laps of the following activity.



What type of training does this activity represent?

- A. Aerobic fartlek
 - B. Aerobic interval
 - C. Anaerobic fartlek
 - D. Anaerobic interval
- 6 Bike lanes have been established in built-up areas.
- Which action area of the Ottawa Charter is this an example of?
- A. Developing personal skills
 - B. Reorienting health services
 - C. Strengthening community action
 - D. Creating supportive environments
- 7 A limitation of epidemiology as a measure of health status is that it
- A. is rarely used by health professionals and policymakers.
 - B. only produces information on the mortality of a population.
 - C. does not explain the sociocultural risk factors that contribute to negative health behaviours.
 - D. identifies broad trends only, without reference to accurate data regarding illness and disease.

- 8 A benefit of using subjective performance measures is that they
- A. enable consistent results across judges.
 - B. allow the judge to consider the overall quality of a performance.
 - C. ensure that the same elements are considered for each performance.
 - D. assure athletes that any two performances will produce the same result.
- 9 The diagram shows a training drill where an athlete spends 30 seconds at each station and rests between each station.



Which practice method is being used by the athlete?

- A. Distributed
- B. Massed
- C. Part
- D. Whole

- 10 Which of the following best describes Medicare?
- A. It is funded by taxpayers and covers the cost of ambulance services.
 - B. It is funded by private contributions and covers the cost of physiotherapy.
 - C. It is funded by insurance premiums and covers the cost of private hospitals.
 - D. It is funded by a levy and subsidises the cost of visits to general practitioners.
- 11 A softball coach asks a player to throw 20 pitches over the plate. At the end of the session, the coach tells the player how many of the 20 pitches went over the plate.

The coach is providing

- A. subjective appraisal.
 - B. concurrent feedback.
 - C. knowledge of results.
 - D. knowledge of performance.
- 12 Two images of blood flow are shown.

This material cannot be displayed, due to copyright issues.




Image *A* represents healthy blood flow.

What condition does Image *B* represent?

- A. Arteriosclerosis
- B. Atherosclerosis
- C. Low blood pressure
- D. Low cholesterol levels

13 A patient is considering the suitability of an alternative health care approach.

Which of the following would best assist the patient to make an informed decision about this alternative approach?

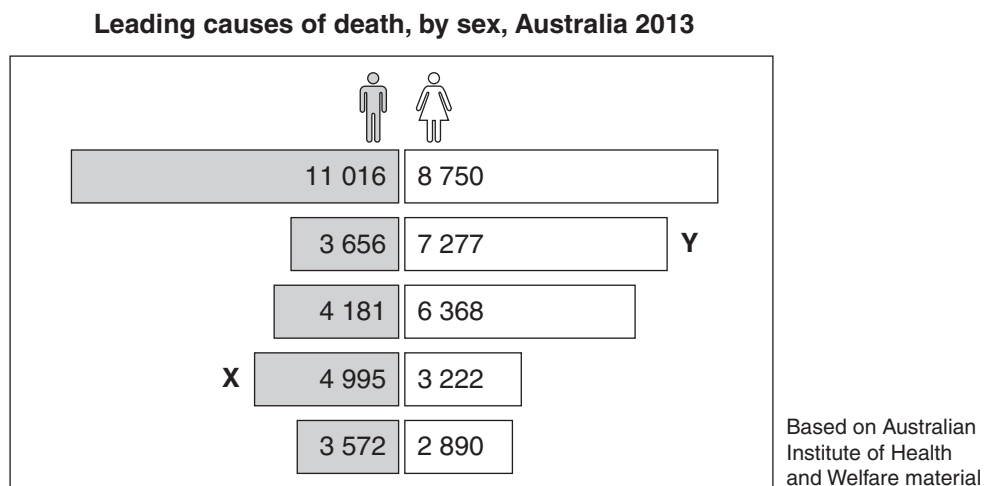
- A. Information provided on websites
- B. Scientific evidence about its success
- C. An advertisement that promotes its safety
- D. The endorsement of a friend who has used it

14 Athletes are training for a 14-kilometre fun run.

Which combination of physiological adaptations are they aiming to achieve?

- A. Increased stroke volume, reduced resting heart rate, increased lactate tolerance
- B. Reduced stroke volume, reduced resting heart rate, increased haemoglobin levels
- C. Increased stroke volume, increased muscle hypertrophy, reduced lactate tolerance
- D. Reduced stroke volume, reduced muscle hypertrophy, increased haemoglobin levels

15 The table shows the data related to leading causes of death, by sex, in Australia in 2013.



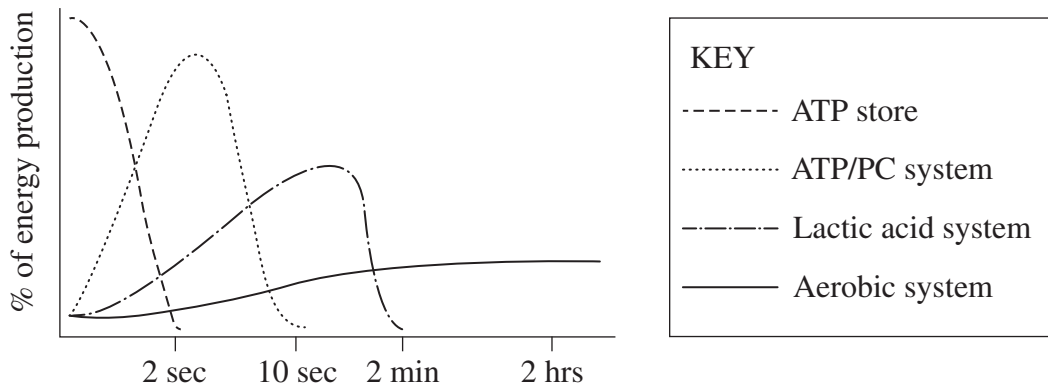
What are the causes labelled by X and Y?

	X	Y
A.	Coronary heart disease	Cerebrovascular disease
B.	Cerebrovascular disease	Coronary heart disease
C.	Dementia/Alzheimer's disease	Lung cancer
D.	Lung cancer	Dementia/Alzheimer's disease

- 16 Which of the following would most benefit an athlete suffering from high levels of trait anxiety?
- Video analysis focusing on the player's error rate
 - Undertaking a program of goal setting and relaxation techniques
 - A coach emphasising the team's dependence on the athlete's contribution
 - Extra training sessions under match conditions focusing on attention skills
- 17 Based on statistics, Australia has a very high incidence of cancer when compared to most developed countries.

To what is this mainly due?

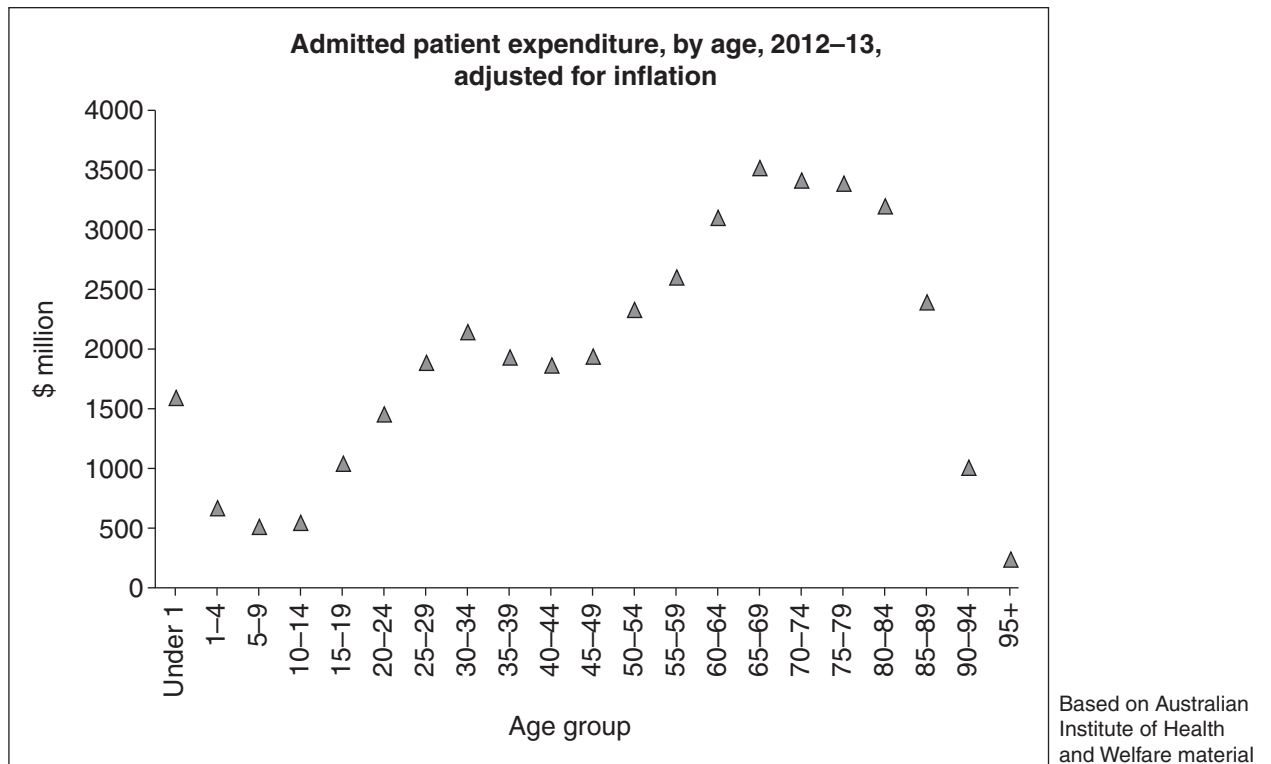
- Poor dietary habits
 - Higher rates of smoking
 - Successful screening programs
 - Increased spending on sun protection
- 18 The graph shows the percentage of energy produced in a variety of activities.



Based on the graph, which of the following statements is the most accurate?

- After two seconds no more ATP is created.
- Stored energy plays a very small role in a vertical leap test.
- The lactic acid system is the major source of energy at the end of a 100-metre sprint.
- Aerobic energy is the major source of energy from the 10-second mark in a 400-metre sprint.

- 19 The graph shows (government) expenditure for patients admitted to hospital in Australia, by age, for 2012–2013.



Which of the following is most likely to be responsible for admitted patient expenditures over \$2500 million?

- A. Mental health and injuries
 - B. Mental health and respiratory diseases
 - C. Cardiovascular diseases and injuries
 - D. Cardiovascular diseases and respiratory diseases
- 20 A coach uses strategic development to enhance a team's performance.

Strategic development focuses on

- A. encouraging players to be creative.
- B. adopting the opponent's game plan.
- C. allowing players to make spontaneous decisions.
- D. utilising strengths and targeting the opponent's weaknesses.

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Centre Number

Personal Development,
Health and Physical Education

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Student Number

Section I Part B
Answer Booklet

40 marks

Attempt Questions 21–27

Allow about 1 hour and 10 minutes for this part

Instructions

- Write your Centre Number and Student Number at the top of this page.
- Answer the questions in the spaces provided. These spaces provide guidance for the expected length of response.
- Extra writing space is provided at the back of this booklet. If you use this space, clearly indicate which question you are answering.

Please turn over

Question 21 (3 marks)

Outline, using an example, how ‘building healthy public policy’ has been applied to the prevention of lung cancer.

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Question 22 (4 marks)

Describe the determinants of health that affect a preventable condition in Australia OTHER THAN cancer or cardiovascular disease. Use examples to support your answer.

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Do NOT write in this area.

Question 23 (5 marks)

Discuss the impact of emerging new treatments and technologies in relation to health care in Australia. Use examples to support your answer.

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Question 24 (8 marks)

Explain the roles of individuals, communities and governments in addressing health inequities experienced by Aboriginal and Torres Strait Islander peoples. Use examples to support your answer.

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Question 25 (5 marks)

Explain why the optimal level of arousal varies for different sports.

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Question 26 (7 marks)

Evaluate how the characteristics of a skilled performer can be used to appraise elite performance.

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Question 27 (8 marks)

Explain why marathon runners use physiological and neural strategies during recovery. Use examples to support your answer.

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Personal Development, Health and Physical Education

Section II

40 marks

Attempt TWO questions from Questions 28–32

Allow about 1 hour and 10 minutes for this section

Answer both questions in the Section II Writing Booklet. Extra writing booklets are available.

Your answers will be assessed on how well you:

- demonstrate knowledge and understanding of health and physical activity concepts relevant to the question
 - apply the skills of critical thinking and analysis
 - communicate ideas and information using relevant examples
 - present a logical and cohesive response
-

Question 28 — The Health of Young People (20 marks)

- (a) Explain how the changes that have occurred in the lives of young people over recent generations have influenced their health status. **8**
- (b) Evaluate actions that have been implemented to support young people who are most at risk of ONE major health issue. **12**

Question 29 — Sport and Physical Activity in Australian Society (20 marks)

- (a) Explain the factors that have influenced the changing patterns of female participation in traditionally male-dominated sports. **8**
- (b) Assess the importance of Australia's sporting achievements to Australians' sense of national and regional identity. **12**

Please turn over

Question 30 — Sports Medicine (20 marks)

- (a) An athlete running a 400-metre race experiences a hamstring strain in the sprint towards the finish line. **8**

Explain the classification and management of the athlete's injury.

- (b) Evaluate policies and procedures that address the ethical considerations in determining when an athlete returns to play from injury. **12**

Question 31 — Improving Performance (20 marks)

- (a) Explain both safe and potentially harmful training procedures related to TWO training types. **8**

- (b) Evaluate the use of performance-enhancing drugs by elite athletes. **12**

Question 32 — Equity and Health (20 marks)

- (a) Explain how implementing economic and cultural change supports a population experiencing health inequity. **8**

- (b) Population groups experiencing health inequities can often be exposed to multiple risk factors. **12**

Analyse the implications of multiple risk factors in managing health inequities faced by population groups.

End of paper